

# FALL WRESTLING CLINIC

MAPLE GROVE PARKS + REC



## Athletes grades Pre-K – 8.

This program is designed for beginner and intermediate wrestlers (0-3 years of experience) and is open to all athletes regardless of future high school affiliation. Emphasis will be on teaching and refining the most basic wrestling skills while incorporating the fun and competitive aspects of the sport.

## Program Information

**Where** Maple Grove Senior High Wrestling Room  
9800 Fernbrook Lane

**Who** Grades Pre-K thru 8

**When** Tuesdays + Thursdays  
October 12 - November 4  
*No problem if you have some conflicts.*

**Time** 6pm - 7pm

**Fee** \$20

**Questions** Contact Troy Seubert  
Email: [mgwrestling99@gmail.com](mailto:mgwrestling99@gmail.com)  
Cell: 763-913-0601

**Register** [www.MGWrestlingClub.com](http://www.MGWrestlingClub.com)

## New to wrestling, or curious about the sport?

### Here's what to expect:

- Exposure to a winter sport that provides character building opportunities such as self-discipline, courage, and respect in a team environment.
- A program open to boys and girls in grades Pre-K – 8.
- Passionate and experienced coaches that focus on teaching the fundamentals.
- Great Cross-training for multi-sport athletes
- Affordable program for your kids
- Fun – for you and your kids!

If you like the program, check out more information or contact us at

[MGWrestlingClub@gmail.com](mailto:MGWrestlingClub@gmail.com)

or follow us at

[www.MGWrestlingClub.com](http://www.MGWrestlingClub.com)

 Maple Grove Wrestling Club

 [MGWrestlingClub](https://www.instagram.com/MGWrestlingClub)